

Quinoa Pilaf

Makes: 12 Servings

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Ingredients	Weight	Measure
Shallots, minced	1 oz	
Garlic, peeled, minced	1/2 oz	
Chicken stock, prepared, hot	24 oz	
Quinoa	12 oz	
Salt		1/2 tsp
Bay leaf		1 each
White pepper		1/4 tsp
Thyme, whole		1 sprig

Directions

1. Sweat shallots and garlic for one minute in one ounce of chicken stock.
2. Add quinoa, remaining stock, salt, bay leaf, pepper and thyme. Bring to a simmer.
3. Cover pot tightly and place in 350 degree F oven. Cook for 15 minutes until grains are tender.
4. Remove bay leaf and fluff grains with a fork. Fold in desired garnish. Serve.
5. Garnish ideas: Red and yellow roasted peppers, diced; Almonds, toasted and slivered; Sautéed mushrooms; Freshed chopped parsley.